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(54) 【考案の名称】 自分史一覧表用紙

(57) 【要約】 (修正有)

【課題】 内親者や患者が指導者、面接者や医者に対し、自分の過去から現在までを内親して報告する前に、客観的に具体的な事実関係に基づいた自分を一覧できる用紙を提供する。

【解決手段】 用紙Pに自己氏名欄3及び適宜数の他氏名欄4から成る氏名欄2を設ける。枠1の上側に年次欄5を、その下で自己氏名欄の右側に、年齢欄31、居所欄32、人生歴欄33を順次に備える。他氏名欄の右側には少なくとも年齢欄41及び人生歴欄42又は関係欄を設け、自己氏名欄の居所欄32及び人生歴欄33には当該年次における自分の居所及び人生歴を記載する。他氏名欄の年齢欄及び人生歴欄又は関係欄には、当該年次における自分以外の人の年齢及びその人の人生歴又は自分との関係歴を記載する。

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【実用新案登録請求の範囲】

【請求項1】 用紙に四角形状の枠を設け、該枠の左側に、自分の氏名を記載する自己氏名欄及びその下に自分と人生を共にしていた者の氏名を記載する遠慮致の他氏名欄から成る氏名欄を設けて各欄ごとに横に区分すると共に、前記枠の上側に年次を一年ごとに記載する年次欄を設けて各年次ごとに前記枠を縦に区分し、該年次欄の下で自己氏名欄の右側に前記年度に該当する年齢欄、居所欄、人生歴欄を順次付設する一方、他氏名欄の右側に少なくとも年齢欄及び人生歴欄又は関係欄を設けて、前記枠を各欄ごとに横に区分し、自己氏名欄の居所欄及び人生歴欄には該当する年次における自分の居所及び人生歴を記載し、他氏名欄の年齢欄及び人生歴欄又は関係欄には該当する年次における自分以外の人の年齢及びその人の人生歴又は自分との関係歴を記載するようにしたこととを特徴とする自分史一覧表用紙。

【図面の簡単な説明】

【図1】 本考案の一例の正面図。

【符号の説明】

- P 用紙
 1 枠
 2 氏名欄
 3 自己氏名欄
 31 年齢欄
 32 居所欄
 33 人生歴欄
 4 他氏名欄
 41 年齢欄
 42 人生歴（関係）欄
 5 年次欄
 51 西暦欄
 52 年号欄

【図1】

自分史一覧表

	5	51	52	1
2	氏名	西暦	年号	
31	年齢			
32	居所			
3	自己氏名欄			
93	人生歴			
41	年齢			
4	人生歴			
42	年齢			
4	人生歴			
41	年齢			
4	人生歴			
42	年齢			
	人生歴			

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【考案の詳細な説明】

【0001】

【考案の属する技術分野】

本考案は、内観法において、研究者による観察法に対し、内観者が自分の過去から現在までにあった客観的な事実や体験を調べて報告する際に用いて有用であり、また、近年多く出版されるようになった自分史を執筆する際に用いても極めて有用な自分史一覧表用紙に関するものである。

【0002】

【従来の技術】

内観とは、心理学においては、自分の意識体験を自ら観察することを言い、また、内観法とは、自己啓発或いは心理学の研究方法の一つであり、指導者、研究者、カウンセラー等の人々による外面からの自分に対する観察法に対して、自分が、自ら自分の過去から現在までにあった具体的事実について、「何時の時代」「誰に対して」「自分がどうであったか」を客観的な立場にたって内観して調べた結果を指導者、面接者等に報告する方法を言うのであるが、最近では精神科の療法の一つとして、内観療法が行われている。

【0003】

而して、従来、内観法や内観療法においては、内観者や患者が自分の過去から現在までの客観的事実を内観して調べ、指導者、面接者や医者に報告する際に、専らその場で思い出しながら口頭によって報告をしており、充実した内観をするため、事前調査的な記録をしておくための記録用紙としては特に考えられていない。しかし、内観者や患者が前記の報告を行う際に、予め、自分及び親族の歴史や自分と関係の深い間柄の人たちとの関係を記入しておけば、明確に報告することが可能になるばかりでなく、それを書き終わったときには、自分が歩んできた人生の全体像を一望できるような用紙があれば、極めて有用されるものと考えられる。

【0004】

【考案が解決しようとする課題】

本考案は、上述のような事情に鑑み、内観法や内観療法において、内観者や患

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者が研究者や医者に対し、自分の経歴を内観して報告する前に、自分及び親族の歴史や、その他自分と関係の深い人たちとの間柄を記入するのに好適な自分史一覽表用紙を提供することを、その課題とするものである。

【0005】

【課題を解決するための手段】

上記課題を解決することを目的としてなされた本考案自分史一覽表用紙の構成は、用紙に四角形状の枠を設け、該枠の左側に、自分の氏名を記載する自己氏名欄及びその下に自分と人生を共にしていた者の氏名を記載する適宜数の他氏名欄から成る氏名欄を設けて各欄ごとに横に区分すると共に、前記枠の上側に年次を一年ごとに記載する年次欄を設けて各年次ごとに前記枠を縦に区分し、該年次欄の下で自己氏名欄の右側に前記年度に該当する年齢欄、居所欄、人生歴欄を順次付設する一方、他氏名欄の右側に少なくとも年齢欄及び人生歴欄又は関係欄を設けて、前記枠を各欄ごとに横に区分し、自己氏名欄の居所欄及び人生歴欄には該当する年次における自分の居所及び人生歴を記載し、他氏名欄の年齢欄及び人生歴欄又は関係欄には該当する年次における自分以外の人の年齢及びその人の人生歴又は自分との関係歴を記載するようにしたことを特徴とするものである。

【0006】

即ち、本考案は、前述したように、内視法や内視療法において、内視者や患者が研究者や医者に対し、自分の経歴を内観して報告する前に、予め、自分及び親族の歴史や自分と関係の深い間柄の人たちとの関係を記入しておけば、明確に報告することが可能になるばかりでなく、それを書き終ったときには、自分が歩んできた人生の全体像を一望できることを知得し、本考案を完成したのである。

【0007】

【考案の実施の形態】

次に、本考案の実施の形態例を図により説明する。

図において、Pは横長四角形状の用紙、1は該用紙Pに設けた横長四角形状の枠、2は該枠の左側に設けた氏名欄で、自分の氏名を記載する自己氏名欄3及び親族や自分と人生を共にしていた者の氏名を記載する他氏名欄4を複数個設けて各欄ごとに横に区分してある。

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【0008】

5は前記枠1の上側に年次を一年ごとに記載する年次欄で、西暦欄51と年号欄52を併設して各年次ごとに前記枠1を縦に区分してあり、該年次欄5の下で自己氏名欄3の右側に前記年度に該当する年齢欄31、居所欄32及び人生歴欄33を順次付設する一方、他氏名欄4の右側に少なくとも年齢欄41及び自分との関係を記載する人生歴欄42又は関係欄を付設して、前記枠1を各欄ごとに横に区分し、自己氏名欄3には該当する年次における自分の年齢、居所及び人生歴を、他氏名欄4には該当する年次における自分以外の人の年齢及びその人の人生歴又は自分との関係を、それぞれ記載するようにしてあり、以上により本考案自分史一覧表用紙の一例を構成する。

【0009】

而して、上記用紙の記載方法の例は、次のとおりである。

- ① 年次欄5の西暦欄51に自分の生まれた西暦年次を、また、年号欄52に大正、昭和、平成などの年次を、それぞれ記載する。
- ② 自己氏名欄3に自己の氏名を、他氏名欄4に家族について1名ずつ順次記入し、次いで家族以外で自分と人生を共にしていた人々のうち、関係の深かったと思われる人の氏名を、順次記入して行く。
- ③ 年齢欄31に自分の年齢を0から現在の年齢までを右方向へ1歳刻みで記入する。
- ④ 年齢欄41には、父、母の場合は、自分の年齢0歳のときの父、母の年齢を書き、その右方向に今の年齢又は死亡時までの年齢を書き、配偶者の場合は、結婚したときの自分の年齢の下に、その時の年齢を書き、右方向へ今の年齢までを書く。祖父母の年齢は、父、母と同様に書く。
- ⑤ 子供の年齢は、子が誕生したときの自分の年齢の下に、0を書き、右方向へ今の年齢までを書く。
- ⑥ 兄弟姉妹の年齢は、兄・姉の場合は、自分の年齢0歳の下にその時の年齢を書いて右方向へ今の年齢までを書き、弟・妹の場合は、子と同様に書く。
- ⑦ 居所欄32には、東京、名古屋等所在地と、両親宅・自宅・独身生活等と書き、その他の人については、自分と同居を共にしていた期間は、その人の年齢の

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欄に適宜色のマーク等を付けて、一目で分かるようにする。

- ⑥ 人生歴欄33には、誕生・死亡・小学・中学・高校等・結婚・離婚・無職・就職（会社名等・役職に付いたときは役職名）・独立営業・会社設立（役職名）・病気療養等を記入するほか、あった事柄を簡単に書く。翌年以降変化がない時は、一印を各年ごとに書く。

- ⑦ 家族以外の人の氏名と自分との関係の記載については、

(1) 善し悪しに拘らず、今日まで自分の人生の生き方に影響を及ぼしたと思う人（恩師・師匠・精神面の指導者・先輩・後輩・友人・知人・仕事上の関係者・地域社会の関係者・その他）について、少なくとも2欄以上、接触があった自分の年齢の下欄から関係がなくなるまでの期間、相手の人の年齢を書き、（年齢不詳の場合は？印）、人生歴欄（関係欄としてもよい）にはその人の立場を書き、できれば、あった事柄を簡単に書く。

(2) 今の自分の仕事上又は社会における立場上、最も深い関係にあると思われる人又はグループ（上司・部下・同僚・隣接する関係部署・お客・患者・得意先・仕入れ先・協力工場・その他の協力者等）について、少なくとも2欄以上、接触があった自分の年齢の下欄から今の年齢まで、相手の人の年齢を書き（年齢不詳の場合は？印）、人生歴欄42にはその人の立場を書き、できれば、あった事柄を簡単に書く。なお、あった事柄を簡単に書けないときは、適宜メモ用紙に書いてクリップ等で添付しておく。

【0010】

上記のように該当欄に記載して一覧表を完成するのであるが、この過程において、自分の誕生日から今日まで、自分と自分と人生を共にしていた人々のうち、自分と深い関係があったと思う人を順次記入して行くにしたがって、現在の自分が多くの人々との関係によって形成されてきた経緯が、次第にはっきりと見えてきて、主要な人々について書き終わったときには、自分が歩んできた人生の全体像を一望できるようになり、「自分はここに記入した人々と共に生きてきたのだという事実」を、感情を交えることなく、客観的に改めて見つめ直し、その新鮮な意識を持つことができるようになるのである。

【0011】

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【考案の効果】

本考案は上述のとおりであって、本考案自分史一覧表用紙に上記のように記載することにより、自分の過去の客観的事実に基づく自分のあり方を自ら観察する内観を極めて詳細且つ簡易に行うことができ、また、指導者、研究者、カウンセラー等外部者による観察法に対して、内観者が自分の内観した結果を報告する場合や、内観療法において、医者に患者が自分の内観した結果を報告する場合に用いて極めて有用であるし、近年多く出版されるようになった自分史を執筆する際に用いても有用である。

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CLAIMS

[Utility-model registration claim]

[Claim 1] While the frame of a square configuration is prepared in a form, and the name card column which consists of the other names card column of the proper number which indicates the name of the person who was doing both himself and life is prepared in the self-name card column which indicates its name, and the bottom of it on the left-hand side of this frame and ****ing horizontally for every card column Prepare the annual card column which indicates annual for every year in the aforementioned frame bottom, and the aforementioned frame is perpendicularly ****ed for every annual one. While attaching the age card column applicable to the aforementioned fiscal year, an address card column, and a life history card column to the right-hand side of a self-name card column one by one under this annual card column An age card column and a life history card column, or a related card column is prepared in the right-hand side of another names card column at least. **** the aforementioned frame horizontally for every card column, and their address and life history are indicated. [in annual / applicable to the address card column of a self-name card column and a life history card column] The history chart form of oneself characterized by indicating the age of men other than oneself and the man's life history, or one's related history. [in annual / applicable to the age card column of another names card column and a life history card column, or a related card column]

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DETAILED DESCRIPTION

[A detailed explanation of a design]

[0001]

[The technical field to which a design belongs]

In case the history of itself which uses and is useful as for this design in case an inside view person investigates and reports the objective fact and objective experience which existed by present from their past to the observational method by the researcher in the introspective method, and came to be published in recent years is written, even if it uses, it is related with the very useful history chart form of itself.

[0002]

[Description of the Prior Art]

An inside view is "the age of when" about the concrete fact which said observing one's consciousness experience himself in psychology, and whose introspective method is one, self-education or the research technique of psychology, and had itself from its past by present himself to the observational method to itself. [from the superficialities by people, such as a leader, a researcher, and a counselor,]

Although the technique of reporting the result which found earnestly "how""himself having been to whom" inside in the objective position, carried out, and was investigated to a leader, an interviewer, etc. is said, recently, the inside view treatment is performed as one of the treatments of psychiatry.

[0003]

It is not considered especially as a record form for carrying out preliminary-survey-record, in order to carry out an inside [that oral was reporting, remembering on that spot chiefly in case it carries out by an inside view person and a patient looking at / in / a former, introspective-method, or inside view treatment / ** and] the objective fact from their past to present inside, it investigates and it reports to a leader, an interviewer, or a doctor, and it was substantial / view. However, if there is a form which can command a whole view of the overview of the life which he has followed when filling in the relation between themselves and a relative's histories and themselves, and the men of closely related relation beforehand and it not only enables it to report clearly, but finishes writing it in case an inside view person and a patient perform the aforementioned report, it will be thought that useful is carried out extremely.

[0004]

[Problem(s) to be Solved by the Device]

This design makes it the technical problem to offer the history chart form suitable in addition to this of itself to fill in the history of himself's and a relative, and the relation with persons closely related with itself, before an inside view person and a patient look at their experience inside and do and report it to a researcher or a doctor in the introspective method or an inside view treatment in view of the above situations.

[0005]

[Means for Solving the Problem]

The configuration of the history chart form of oneself made for the purpose of solving the

above-mentioned technical problem [this] While the frame of a square configuration is prepared in a form, and the name card column which consists of the other names card column of the proper number which indicates the name of the person who was doing both himself and life is prepared in the self-name card column which indicates its name, and the bottom of it on the left-hand side of this frame and ****ing horizontally for every card column Prepare the annual card column which indicates annual for every year in the aforementioned frame bottom, and the aforementioned frame is perpendicularly ****ed for every annual one. While attaching the age card column applicable to the aforementioned fiscal year, an address card column, and a life history card column to the right-hand side of a self-name card column one by one under this annual card column An age card column and a life history card column, or a related card column is prepared in the right-hand side of another names card column at least. **** the aforementioned frame horizontally for every card column, and their address and life history are indicated. [in annual / applicable to the address card column of a self-name card column and a life history card column] It is characterized by indicating the age of men other than oneself and the man's life history, or one's related history. [in annual / applicable to the age card column of another names card column and a life history card column, or a related card column]

[0006]

Namely, as this design was mentioned above, in the introspective method or an inside view treatment, an inside view person and a patient receive a researcher and a doctor. Before seeing one's experience inside, carrying out it and reporting it, if the relation between themselves and themselves [a relative's histories or], and the men of closely related relation is filled in beforehand When finishing writing it, it carried out learning of the ability to command a whole view of the overview of the life which he has followed, and it not only enables it to report clearly, but completed this design.

[0007]

[Gestalt of implementation of a design]

Below, drawing explains the example of the gestalt of operation of this design.

In drawing, the frame of the oblong square configuration where were prepared P in the form of an oblong square configuration, and 1 was prepared in this form P, and 2 indicate the name of the person who was doing both the self-name card column 3 and relative who prepared in the left-hand side of this frame, and who are a name card column and indicate their name, himself, and life, and also form two or more name card columns 4, and have ****ed them horizontally for every card column.

[0008]

5 is the annual card column which indicates annual for every year, puts side by side the A.D. card column 51 and the name-of-an-era card column 52 to the aforementioned frame 1 up side, and has ****ed the aforementioned frame 1 to it perpendicularly for every annual one. While attaching the age card column 31, the address card column 32, and the life history card column 33 applicable to the aforementioned fiscal year to the right-hand side of the self-name card column 3 one by one under this annual card column 5 The life history card column 42 or the related card column which indicates its relation at least on the right-hand side of the other names card column 4 is attached. [the age card column 41 and] One's age, address, and life history [in annual / which ****s the aforementioned frame 1 horizontally for every card column, and corresponds to the self-name card column 3] The age of men other than themselves and the man's life history, or their relation is indicated, respectively, and the above constitutes an example of the history chart form of itself. [in annual / applicable to the other names card column 4] / this

[0009]

***ing, the example of the written technique of the above-mentioned form is as follows.

** About the A.D. annual by which he was born to the A.D. card column 51 of the annual card column 5, it is Taisho to the name-of-an-era card column 52 again. It indicates annual [, such as Showa and Heisei,], respectively.

** the name of self [card column / self-name / 3] -- the other names card column 4 -- a family -- every one person -- one by one -- posting Closely related among people who did and were subsequently doing

both himself and life except the family ** -- the name of those who are considered is filled in one by one, and it goes

** It is a 1 years-old unit in 0 to the present age about its age to the right at the age card column 31, and is *****. **.

** the age card column 41 -- the case of father and mother -- father at the time of 0 years old of one's age, and mother's age -- writing coming -- the right -- the present age or the age of the time of death -- writing -- a spouse's case -- join the card column under one's age -- the age at that time -- writing -- the right -- the present age up to -- it writes [when carrying out **] Grandparents' age writes it as father and mother similarly.

** Write 0 to the card column under your age, and a child's age is a method of the right. Even the present age is written to **. [when a child is born]

** In the case of an elder brother and an elder sister, the sibship's age is a year at that time to the card column under 0 years old of its age. Age is written, even the present age is written to the right, and, in the case of a younger brother and a younger sister, it is similarly written as a child.

** Write it to the address card column 32 as addresses, such as Tokyo and Nagoya, *****, a house, a single life, etc. The term which was carrying out himself and the dwelling about both other men is the card column of the man's age. The mark of a color etc. is attached suitably and it is made to understand at a glance.

** the life history card column 33 -- birth, death, and an elementary school - marriage, divorce, inoccupation, and **, such as - junior high school and a high school, A job (it is a title when attached to - executives, such as a business-firm-name), independent business, and incorporation procedures (title) - Fill in sick medical treatment etc., and also write the matter which existed simply. It is changeless after the next year. At the time, -> mark is written for every year.

** About a publication of one's relation [the name of men other than a family, and] (1) Irrespective of right and wrong, I think that the way of life of its life was affected till today. About people (staffs [of related person and the community on teacher and a master, and mental leader, senior, younger generation, friend, mental acquaintance, and task] - in addition to this) At least two or more card columns and a contact are **. The man's of a term until a relation disappears from the card column under its age, and a partner's age In (age unknown, in ? mark) and a life history card column (good also as a related card column), it is [writing and] **. If a man's position is written and is made, the matter which existed will be written simply. [****]

(2) It is thought that it is in the closest relation on the position in its task top or society. About ** people or groups (a superior official, a subordinate and a coworker, their adjoining relation post, visitor, and patient - obtaining cooperator of mind point, a supplier, the cooperation works, and others etc.), they are at least 2 card columns. Above, [present] from the card column under one's age up to [the present age] -- partner's man's age writing (it being ? mark in an age unknown) -- the life history card column 42 -- the man's position -- writing -- coming out -- If it cuts, the matter which existed will be written simply. [with the contact] In addition, when the matter which existed cannot be written easily It writes to memo paper suitably and appends with a clip etc.

[0010]

Although it indicates in an applicable card column as mentioned above and a chart is completed The inside of people who were doing both himself, himself, and life from their birthday to today in this process, As those who think that there was a close relation with itself are filled in one by one and it goes When the circumstances in which present himself has been formed of the relation with many people are in sight clearly gradually and finish writing about main people A whole view of the overview of the life which he has followed can be commanded now, and "the fact that he has lived with people who entered here" can be regazed at anew objective, without mixing the sentiment, and it can have the fresh consciousness now.

[0011]

[Effect of the Device]

By this design's being as above-mentioned and indicating as mentioned above in the history chart form of oneself [this] As opposed to the observational method according [while observing one's way that should be based on the objective fact of one's past himself, can perform a view very in detail and simply, and] to a leader, a researcher, and a *****-grade external person It is useful, even if it uses when an inside view person reports the result in which he did the inside view, or when a patient reports the result in which he did the inside view to a doctor in an inside view treatment, and it uses, in case the history of itself which is very useful and came to be published in recent years is written.

[Translation done.]

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TECHNICAL FIELD

[The technical field to which a design belongs]

In case the history of itself which uses and is useful as for this design in case an inside view person investigates and reports the objective fact and objective experience which existed by present from their past to the observational method by the researcher in the introspective method, and came to be published in recent years is written, even if it uses, it is related with the very useful history chart form of itself.

[0002]

[Translation done.]

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PRIOR ART

[Description of the Prior Art]

An inside view is "the age of when" about the concrete fact which said observing one's consciousness experience himself in psychology, and whose introspective method is one, self-education or the research technique of psychology, and had itself from its past by present himself to the observational method to itself. [from the superficialities by people, such as a leader, a researcher, and a counselor,]

Although the technique of reporting the result which found earnestly "how""himself having been to whom" inside in the objective position, carried out, and was investigated to a leader, an interviewer, etc. is said, recently, the inside view treatment is performed as one of the treatments of psychiatry.

[0003]

It is not considered especially as a record form for carrying out preliminary-survey-record, in order to carry out an inside [that oral was reporting, remembering on that spot chiefly in case it carries out by an inside view person and a patient looking at / in / a former, introspective-method, or inside view treatment / ** and] the objective fact from their past to present inside, it investigates and it reports to a leader, an interviewer, or a doctor, and it was substantial / view. However, if there is a form which can command a whole view of the overview of the life which he has followed when filling in the relation between themselves and a relative's histories and themselves, and the men of closely related relation beforehand and it not only enables it to report clearly, but finishes writing it in case an inside view person and a patient perform the aforementioned report, it will be thought that useful is carried out extremely.

[0004]

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EFFECT OF THE INVENTION

[Effect of the Device]

By this design's being as above-mentioned and indicating as mentioned above in the history chart form of oneself [this] As opposed to the observational method according [while observing one's way that should be based on the objective fact of one's past himself, can perform a view very in detail and simply, and] to a leader, a researcher, and a *****-grade external person It is useful, even if it uses when an inside view person reports the result in which he did the inside view, or when a patient reports the result in which he did the inside view to a doctor in an inside view treatment, and it uses, in case the history of itself which is very useful and came to be published in recent years is written.

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TECHNICAL PROBLEM

[Problem(s) to be Solved by the Device]

This design makes it the technical problem to offer the history chart form suitable in addition to this of itself to fill in the history of himself's and a relative, and the relation with persons closely related with itself, before an inside view person and a patient look at their experience inside and do and report it to a researcher or a doctor in the introspective method or an inside view treatment in view of the above situations.

[0005]

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MEANS

[Means for Solving the Problem]

The configuration of the history chart form of oneself made for the purpose of solving the above-mentioned technical problem [this] While the frame of a square configuration is prepared in a form, and the name card column which consists of the other names card column of the proper number which indicates the name of the person who was doing both himself and life is prepared in the self-name card column which indicates its name, and the bottom of it on the left-hand side of this frame and ****ing horizontally for every card column Prepare the annual card column which indicates annual for every year in the aforementioned frame bottom, and the aforementioned frame is perpendicularly ****ed for every annual one. While attaching the age card column applicable to the aforementioned fiscal year, an address card column, and a life history card column to the right-hand side of a self-name card column one by one under this annual card column An age card column and a life history card column, or a related card column is prepared in the right-hand side of another names card column at least. **** the aforementioned frame horizontally for every card column, and their address and life history are indicated. [in annual / applicable to the address card column of a self-name card column and a life history card column] It is characterized by indicating the age of men other than oneself and the man's life history, or one's related history. [in annual / applicable to the age card column of another names card column and a life history card column, or a related card column]

[0006]

Namely, as this design was mentioned above, in the introspective method or an inside view treatment, an inside view person and a patient receive a researcher and a doctor. Before seeing one's experience inside, carrying out it and reporting it, if the relation between themselves and themselves [a relative's histories or], and the men of closely related relation is filled in beforehand When finishing writing it, it carried out learning of the ability to command a whole view of the overview of the life which he has followed, and it not only enables it to report clearly, but completed this design.

[0007]

[Gestalt of implementation of a design]

Below, drawing explains the example of the gestalt of operation of this design.

In drawing, the frame of the oblong square configuration where were prepared P in the form of an oblong square configuration, and 1 was prepared in this form P, and 2 indicate the name of the person who was doing both the self-name card column 3 and relative who prepared in the left-hand side of this frame, and who are a name card column and indicate their name, himself, and life, and also form two or more name card columns 4, and have ****ed them horizontally for every card column.

[0008]

5 is the annual card column which indicates annual for every year, puts side by side the A.D. card column 51 and the name-of-an-era card column 52 to the aforementioned frame 1 up side, and has ****ed the aforementioned frame 1 to it perpendicularly for every annual one. While attaching the age card column 31, the address card column 32, and the life history card column 33 applicable to the

aforementioned fiscal year to the right-hand side of the self-name card column 3 one by one under this annual card column 5 The life history card column 42 or the related card column which indicates its relation at least on the right-hand side of the other names card column 4 is attached. [the age card column 41 and] One's age, address, and life history [in annual / which ****s the aforementioned frame 1 horizontally for every card column, and corresponds to the self-name card column 3] The age of men other than themselves and the man's life history, or their relation is indicated, respectively, and the above constitutes an example of the history chart form of itself. [in annual / applicable to the other names card column 4] / this

[0009]

**ing, the example of the written technique of the above-mentioned form is as follows.

** About the A.D. annual by which he was born to the A.D. card column 51 of the annual card column 5, it is Taisho to the name-of-an-era card column 52 again. It indicates annual [, such as Showa and Heisei,], respectively.

** the name of self [card column / self-name / 3] -- the other names card column 4 -- a family -- every one person -- one by one -- posting Closely related among people who did and were subsequently doing both himself and life except the family ** -- the name of those who are considered is filled in one by one, and it goes

** It is a 1 years-old unit in 0 to the present age about its age to the right at the age card column 31, and is *****. **.

** the age card column 41 -- the case of father and mother -- father at the time of 0 years old of one's age, and mother's age -- writing coming -- the right -- the present age or the age of the time of death -- writing -- a spouse's case -- join the card column under one's age -- the age at that time -- writing -- the right -- the present age up to -- it writes [when carrying out **] Grandparents' age writes it as father and mother similarly.

** Write 0 to the card column under your age, and a child's age is a method of the right. Even the present age is written to **. [when a child is born]

** In the case of an elder brother and an elder sister, the sibship's age is a year at that time to the card column under 0 years old of its age. Age is written, even the present age is written to the right, and, in the case of a younger brother and a younger sister, it is similarly written as a child.

** Write it to the address card column 32 as addresses, such as Tokyo and Nagoya, *****, a house, a single life, etc. The term which was carrying out himself and the dwelling about both other men is the card column of the man's age. The mark of a color etc. is attached suitably and it is made to understand at a glance.

** the life history card column 33 -- birth, death, and an elementary school - marriage, divorce, inoccupation, and **, such as - junior high school and a high school, A job (it is a title when attached to - executives, such as a business-firm name), independent business, and incorporation procedures (title) - Fill in sick medical treatment etc., and also write the matter which existed simply. It is changeless after the next year. At the time, -> mark is written for every year.

** About a publication of one's relation [the name of men other than a family, and] (1) Irrespective of right and wrong, I think that the way of life of its life was affected till today. About people (staffs [of related person and the community on teacher and a master, and mental leader, senior, younger generation, friend, mental acquaintance, and task] - in addition to this) At least two or more card columns and a contact are **. The man's of a term until a relation disappears from the card column under its age, and a partner's age In (age unknown, in ? mark) and a life history card column (good also as a related card column), it is [writing and] **. If a man's position is written and is made, the matter which existed will be written simply. [****]

(2) It is thought that it is in the closest relation on the position in its task top or society. About ** people or groups (a superior official, a subordinate and a coworker, their adjoining relation post, visitor, and patient - obtaining cooperater of mind point, a supplier, the cooperation works, and others etc.), they are at least 2 card columns. Above, [present] from the card column under one's age up to [the present age]

-- partner's man's age writing (it being ? mark in an age unknown) -- the life history card column 42 -- the man's position -- writing -- coming out -- If it cuts, the matter which existed will be written simply. [with the contact] In addition, when the matter which existed cannot be written easily It writes to memo paper suitably and appends with a clip etc.

[0010]

Although it indicates in an applicable card column as mentioned above and a chart is completed The inside of people who were doing both himself, himself, and life from their birthday to today in this process, As those who think that there was a close relation with itself are filled in one by one and it goes When the circumstances in which present himself has been formed of the relation with many people are in sight clearly gradually and finish writing about main people A whole view of the overview of the life which he has followed can be commanded now, and "the fact that he has lived with people who entered here" can be regazed at anew objective, without mixing the sentiment, and it can have the fresh consciousness now.

[0011]

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DESCRIPTION OF DRAWINGS

[Brief Description of the Drawings]

[Drawing 1] Front view of an example of this design.

[Description of Notations]

P Form

1 Frame

2 Name Card Column

3 Self-Name Card Column

31 Age Card Column

32 Address Card Column

33 Life History Card Column

4 Other Names Card Column

41 Age Card Column

42 Life History (Relation) Card Column

5 Annual Card Column

51 A.D. Card Column

52 Name-of-an-Era Card Column

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DRAWINGS

[Drawing 1]

P

自分史一覽表

	5	51	52	1
2	氏名	西澤 昭和・平成		
31	年齢			
32	居所			
3	自分	人生歴		
33				
41	年齢			
4		人生歴		
42				
4		年齢		
41		人生歴		
4				
41		年齢		
4		人生歴		
42				
		年齢		
		人生歴		

[Translation done.]